

Lehi Community Council Newsletter

February 2009



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Welcome to A Celebration of Marriage 2009 "Long and Lasting Love"

sponsored by Lehi Community Council and the State of Utah
Marriage Initiative

Date: February 13, 2009

Time: 6-10pm (Doors will open at 5:30pm)

Where: The Barn at Thanksgiving Point

Cost: \$27.50 per person/\$55 per couple if registered before February 1st; registrations received on or later than February 1st will be charged \$32.50 per person/\$65 per couple.

NEW: Reserve a table of 8 for preferred seating.
Call 768-2596 for details.

For Tickets Call 801-768-2596 or visit www.lehi-ut.gov/communitycouncil

The night's schedule:

6pm Dinner and entertainment

6:30 Welcome

6:40 John and Jane Covey,
"The 8 Habits of a Successful
Marriage"

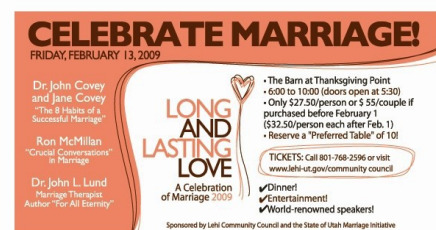
7:30 Dessert and
entertainment

8:00 Ron McMillan, "Crucial Conversations" in Marriage

8:50 Break period and entertainment

9:10 Dr. John Lund, Marriage Therapist/Author/Professional
Speaker

10:00 Conference concludes



Enjoy A Night Out With Us And Plan To Be In "Long And Lasting Love"



Living Green in Lehi

Look for a new article each month about Living Green in Lehi . We will represent the many aspects of "GREEN" . We'll cover recycling, technology, home and garden, food and health, transportation & our positive impact on the world in which we all live.

WHAT YOU CAN DO TODAY!

You could decide to lose weight—again—or this year you could resolve to lighten the load you leave on the planet. To help, we've outlined a series of small changes that add up to big results and divided them up by time frame—tasks you can complete today, in the next week, during the next month and over the course of the next year. Breaking your efforts into smaller, more manageable tasks isn't a cop-out: By following this plan, each small step adds up to changes that will benefit the health of the planet—and, yes, even your own health—immediately and in years to come.

Food— Instead of having lunch delivered to your office, walk to a nearby restaurant and save take-out containers by dining in. Or bring your own water bottle or food container to the restaurant and have it filled there. At the very least, bring a set of your own silverware and a bottle of your favorite condiment to the office so you can skip the plastic utensils and the little packets of salt, pepper, ketchup and soy sauce.



Transportation— Start making a note of each car trip you take. "Changing your car habits is one of the most dramatic ways to reduce your environmental impact," says Jodi Helmer, author of *The Green Year: 365 Small Things You Can Do to Make a Big Difference* (\$14.95, Alpha, 2008). Getting a clear picture of exactly how car-dependent you are can help in finding ways to cut back. **Don't waste your time and gas trying to find the nearest parking space. Always find a parking spot in the north 40 and walk a few extra steps. Make this a life long commitment.**



Energy— Get a baseline of your current carbon footprint using the reliable online calculators at either safeclimate.net or lowimpactliving.com. Set a goal of how much you'd like to reduce your impact over the coming year—10 percent is a good start. To up the ante, get a likeminded friend or group of friends to make a competition out of it: Send out an email today inviting them to join your year-long challenge.



Other things you can do right now to live a "Greener Life"



- 1.** When shopping for clothes and standing in line to check out, take all the clothes off the hangers and give them to the cashier. The stores have ways to recycle them better we do.
- 2.** Always tell the cashier to load each bag as full as possible because your trying to cut down on bags.
- 3.** Use those grocery bags over again by taking them downstairs to your food storage room. When you "go shopping" from your "food storage" those bags make it easy to carry cans and frozen foods back upstairs. Then remember to take them back if they are still useable.

- 4.** When you buy large items like pillows, use those plastic bags as trash bags instead of just throwing them out right away.

School Engagement— Getting kids actively engaged in learning.

Ask your kids what they did in school *everyday*. Stay in touch with their school. Make learning a family affair. Share their hobbies and have them share in yours. Model lifelong learning by taking classes and talking about it with your children.

Attend all school conferences and social events. Take it seriously when children express boredom or frustration with school or mention other problems. Help your kids explore all options available at school. Provide a positive learning environment at home by limiting T.V. and having books, newspapers and magazines available. Discuss current events at dinner. Tie class work to real-life situations, issues and concerns.

Ask students to evaluate their own learning experiences by asking what they may need to feel more passionate about at school. Volunteer at your schools. Combine religion and learning. All knowledge is from God. Honor and reward teachers who are particularly effective in keeping students engaged in learning.

Boy Scouts of America www.utahscouts.org

Lehi District <http://www.utahscouts.org/openrosters/viewhomepage.asp?orgkey=2196>

Lehi Police Dept will offer merit badge classes. Classes fill up fast so call now for 2009 sign-ups.

Please sign up for the following classes by calling 766-5800.

Feb. 25th. Fingerprinting

March 18th. Citizenship Community

April 8th. Crime Prevention

All classes begin at 7:00 pm and are held at Police Department
Location: 580 West State St. Lehi

The **Community Venturing Crew** will be meeting in the
“Old Fire Station” February 12th at 7:00 pm to get organized
and plan activities. For all youth ages 15-19.



American Legion Post 19-Lehi, Utah <http://www.amlegpost19.com/>

The American Legion Auxiliary is looking for spouses of current and past members to assist in reestablishing the Auxiliary. Interested parties should contact Leann Ellison at 766-2752.

Post 19 has organized a local chapter of the American Legion Riders (ALR) Program for all members of the Department of Utah American Legion, The American Legion Auxiliary, and The Sons of The American Legion. The American Legion Riders is formed to promote the aims and purposes of The American Legion as a family oriented motorcycling activity for members of The American Legion, The American Legion Auxiliary, and The Sons of The American Legion. Go to the post website and select the ALR page for information on eligibility and contact information. **For a copy of the Newsletter go to:**

<http://mail.google.com/mail/?ui=2&ik=7875d42d21&view=att&th=11d78b5723cc3bfa&attid=0.2&disp=vah&zw>



All Utah County women age 30 and above are invited to apply to be part of this year's 100-Day Heart Challenge – sponsored by Heart & Vascular Services at Utah Valley Regional Medical Center.

Apply today - don't wait any longer for the chance to get your heart (and the rest of your body) in better shape!

Go to www.utahvalleyregional.org and click on the 100-Day Heart Challenge link for more information and to apply!

Lehi Senior Citizen Center <http://www.lehi-ut.gov/seniors/index.php>

The Senior Center is located in the Legacy Center at 123 North Center Street. It is open Monday through Friday from 8:30 a.m. until 3:00 p.m. **Lunches are served daily**, Monday through Friday at 12:00 noon. The suggested donation for meals is \$2.00. **Reservations for lunch need to be called into the Senior Center by noon the previous day**

Daily meals served at 12 noon (\$2 donation per meal), Monday-Friday

Transportation available upon request

Free blood pressure clinic on the first and third Wednesday of every month from 10:30 a.m. to 12 noon

Weekly craft class on Friday, 10:00 a.m. to 11:30 a.m.

Exercise equipment (stationary bike and treadmill)

Seniors can use the Legacy Center walking track from 10a.m. to 2p.m. free of charge

Bingo on Tuesdays and Fridays at 11:30 a.m.

Computers and computer classes with E-mail and Internet access



Contact Information : Director: Jan Jonsson Office: (801) 768-7165

Utah County Senior Services <http://www.utahcountyonline.org/Dept/Seniors/>

Foster Grandparent Program

Provides older Americans the opportunity to put their life experiences to work for local communities. Foster Grandparents serve as mentors, tutors, and caregivers for at-risk children and youth with special needs through a variety of community organizations, including schools, hospitals, drug treatment facilities, correctional institutions, Head Start and day-care centers.

Utah County Health and Justice Building

151 S. University Ave., Suite 2200 Provo, UT 84601

801-851-7784 801-343-8040 (fax)

Hours: 08:00 am - 05:00 pm Mon. - Fri. except holidays

Senior Companion Program

Provides older Americans with the opportunity to apply their life experiences to meeting community needs. Senior Companions serve one-on-one with the frail elderly and other homebound persons who have difficulty completing everyday tasks. They assist with grocery shopping, bill paying, and transportation to medical appointments, and they alert doctors and family members to potential problems. Senior Companions also provide short periods of relief to primary caregivers.

Utah County Health and Justice Building

151 S. University Ave., Suite 2200 Provo, UT 84601

801-851-7767 801-851-7766 (fax)

Hours: 08:00 am - 05:00 pm Mon. - Fri. except holidays

Something cool that Xerox is doing for our Soldiers in



If you go to this web site, **www.LetsSayThanks.com** you can pick out a thank you card and Xerox will print it and it will be sent to a soldier that is currently serving in Iraq . You can't pick out who gets it, but it will go to some member of the armed services.

How AMAZING it would be if we could get everyone we know to send one!!! This is a great site. Please send a card. It is FREE and it only takes a second.

Wouldn't it be wonderful if the soldiers received a bunch of these? Whether you are for or against the war, our guys and gals over there need to know we are behind them.

The 2010 Census ~ A Great Way to Earn Extra Money

The U.S. Census Bureau is recruiting temporary part-time census takers for the 2010 Census. The pay is good, the hours are flexible, and the work is close to home.

Census taker jobs are excellent for retirees, college students, persons who want to work part-time, persons who are between jobs, or just about anyone who wants to earn extra money while performing an important service for their community.

Every 10 years, we conduct a census of our population. The results help determine your representation in government, as well as how federal funds are spent in your community on things like roads, parks, housing, schools, and public safety. As a census taker, you'll play a vital role in making sure that everyone is included.

Thousands are needed for temporary jobs

Conducting the census is a huge undertaking. Thousands of census takers are needed to update address lists and conduct interviews with community residents. Most positions require a valid driver's license and use of a vehicle. However, public transportation may be authorized in certain areas.

Earn good pay— Census takers receive competitive pay on a weekly basis. In addition, you will be reimbursed for authorized mileage and related expenses. Bilingual speakers are encouraged to apply!

All census takers must be able to speak English, but bilingual skills in English and other languages are needed in communities that have a large number of residents who speak a language other than English. If you have such skills, we encourage you to apply.

Besides good pay, you'll have flexible hours, paid training, and the chance to work within your own community. You'll earn a place in history, as well as work experience you can add to your resume.

Apply today by contacting your Local Census Office or by calling 1-866-861-2010!



February 19th 4:30 pm to 5:30 pm Magic Classes with Lance Nielsen

<http://www.utahsmagician.com/Lance> will reveal and teach all new tricks and devices from his previous classes. He teaches great show-manship and all about the skill it takes to be a great magician. He literally knows thousands of tricks and will always have something new to share! Each student will leave with his book of tricks. These are some of our most popular classes, please sign up ahead of time. \$12.00

The Hutchings's Museum is looking Volunteers young and "older" to help out during the day.

Call 768-7180 if you are interested in being part of history !

February 26th 4:30 pm to 5:30 pm Magic Classes with Lance Nielsen

ADVANCED CLASS Lance will teach a much more advanced and complex magic class for students who have already had at least one of his beginning classes. New tricks, and more complex devices! \$22.00

February 28th A Night at the Museum—A night no one will want to miss as our large dinosaur skeleton roams the foyer, animals come to life, and characters appear from the woodwork for a night of adventure and fun! 6 pm to 9 pm.

Geology classes every Wednesday Taught by MacGyver Adventures Dave Sadler on Wednesdays 4:00 - 5:30.

Lehi City Arts Council www.lehicityarts.org

Tuesdays 12:00 to 1:00 (1 hour)	Advanced Oil Painting	This class will be smaller and is for the more advanced students who want help fine tuning their artwork.	\$30.00
Tuesdays 1:00 to 3:00 (2 hours)	Oil Painting All Skill Levels	This class will not get bigger than 15 students This is for all 8 and up welcome.	\$58.00
Tuesdays 4:00 to 5:30 (1 1/2 hours)	Drawing All Skill Levels	All levels can start in January, the next session in February will divide into advanced and beginning classes Supplies provided during class or you can bring your own. To sign up for any of these classes please call: Jean at 369-8806	Ages 7 and up (parents welcome to join) \$42.00

Lehi Chamber of Commerce

Jan 28th - WIB Lunch 12noon, Denny's in Lehi; Jeff Francom is the speaker.

Jan 28th - Rotary Lunch 12noon, Thanksgiving Point;

Jan 30th - WIB Conference Committee Lunch,

Jan 30th - Rotary 12th Night Gala, fundraiser & auction, dinner & dancing, 6-9pm Thanksgiving Point Barn;

Feb 3rd - Lehi Chamber Lunch, 11:30 Cabela's Conference Room, The speaker is Dave Crenshaw, author and consultant. Prepay online \$15 www.lehiareachamber.org this rsvp's you, \$20 at the door payment, (This is new policy for the year to ensure catering and rsvp's for the event, thank you.)

Feb 4th - Rotary Lunch 12noon, Thanksgiving Point

Feb 6th - Networking Lunch, 12noon Los Hermanos in Lindon

Lehi Library <http://www.lehi-ut.gov/library/>



Fall Story Time will begin September 8th on Mondays, Tuesdays, Wednesdays, and Thursdays at 9:30, 10:30, 11:30am and 12:30pm. Everyone is welcome! No registration required. We hope that you have had a chance to visit the new **Pointe Meadow Branch** located at 2151 N. Pointe Meadow Drive (1940 W.) 471-5711.

Our hours are: Monday-Tuesday 10:00 am- 5:00 pm, Wednesday-Thursday 10:00am-2:00 pm. Closed Friday, Saturday, Sunday and Holidays.

Lehi Literacy Center <http://www.lehi-ut.gov/literacy/>

It might be cold outside but the new Lehi Rippy Literacy Center is totally HOT! Last month the NBA and Toyota gave the Literacy Center a \$65,000 grant for a total makeover. They refurbished the Center with a "basketball court" for reading (complete with basketball bean bags chairs), new carpet, paint, games and even new computers. It is a sight to behold and such an inviting place for learning!

We hosted a ribbon cutting ceremony with NBA players and a host of dignitaries. With the players towering above the students who looked in awe, Hesther Rippy, along with a host of others, cut the ribbon to launch a new era in learning and a wonderful partnership. The players read to students, played games and gave inspiration to an admiring audience. An author, Kevin Carroll, read to students and distributed copies of his book, Rules of the Red Rubber Ball.

We are very grateful for this generous support for our Literacy Center. We are always in need of tutors and know the blessings of making a difference in the life of another. Come over and get in from the cold and know the joy of service one on one!!!!

LEHI ROUND-UP CELEBRATION THURSDAY, JUNE 19TH TO SUNDAY, JUNE 28TH, 2009

This year's theme is: 'IF I COULD I WOULD.....'

The city celebration continues to be the highlight of our community during June.

The famous miniature floats that continue to be a part of our parades are a legacy you will not want to miss.

The parades will begin at 6 pm on Friday, June 26th and at 10 am on Saturday, June 27th.

Starting at Wines Park (600 North 100 East) and ending at Lehi High School (500 East 200 North).

Friday's parade will feature the famous miniature floats and other children's entries.

New this year ALL cheerleaders (except the LHS Varsity Squad) will participate in the Friday parade.

All commercial entries, school group entries, and mammoth floats will be welcome into Saturday's Grand Parade only. **Contact Info: lehiroundup@gmail.com 885-2767**

Thanksgiving Point

www.thanksgivingpoint.com



Thanksgiving Points Education Department has a great incentive program for Teen Volunteers. We are looking for teens 13 and up to help in preparing and assisting after school classes and summer day camps. The rewards are great! Anyone interested, contact Connie Packer 4-H program coordinator 369-3676.

Also, Thanksgiving Point offers the following Boy Scout Merit Badge Classes: Environmental Science, Citizenship in the World and Geology. Anyone interested, contact the Dave Francis at 435-760-4109 or contact Thanksgiving Point and ask to get on their free mailing list at 801-768-2300.

Adult and Youth Volunteer Service Opportunities

Heart 2 Home <http://www.heart2home.org/> It is our goal to incorporate products, services and volunteers in any way possible! If you have a product or service that you would like to donate to our project, or would like to volunteer, please call or email the following individuals! Greg Adamson: 801-722-5202 grega@prudentialutah.com or Tiffany Berg: 801-380-0543 Tiffany@TiffanyBerg.com

Hutching's Museum has some projects that would work for Eagle Scout projects. Contact the Museum 768-7180

Lehi Family Week will meet the 4th Thursday of every month. Contact Connie Packer at 766-4029.

Meals on Wheels Contact: Liz Merrell at 229-3821 or emerrell@mountainland.org or Erin Dyreng at 229-3803 or edyreng@mountainland.org

Volunteer Opportunities Lists

The following are current volunteer opportunities in PDF format. They are separated into categories for your convenience. Please download and print as many as you like. For assistance or questions, call the United Way Volunteer Center at 374-8108.

Individuals _____ Help get tax return money to low-income families by volunteering with VITA (Volunteer Income Tax Assistance) as an intake worker or financial educator. You don't have to know how to do taxes! Contact Jeri at 374-2588 to volunteer.

You can make a positive difference in the life of a youth at Safety Net Mentor ages 6 to 18. Mentors must be at least 21 years or older who will share fun and educational experiences through a one-on-one relationship for 1 to 2 hours a week. To volunteer, contact Karla at 374-7637.

Women's Groups _____ Host a community baby shower! Collect items such as diapers of all sizes, new children's toys, hand sanitizer, sippy cups, baby monitors, and baby clothes. Donations could be used by Family Support and Treatment Center (Jill, 229-1181), House of Hope (Kelli, 373-6562), Children's Justice Center (370-8554) and Welcome Baby (Barbara, 691-5304).

Kids on the Move is looking for blankets, tablecloths, quilts, c-pillows, as well as bibs with stretchy necks. Patterns can be picked up at the agency. For more information, contact Kathy at 221-9930.

Items to Collect & Donate _____ Collect items for move out kits for youth at Juvenile Justice Services who are ready to move out on their own. Items could include a small first aid kits,

Groups and Families _____ Help sort non-perishable food items at Community Action Food Bank which feeds low-income families and individuals. Also, families can spend family night on a scavenger hunt collecting food and hygiene items. Some ideas include baby diapers, wipes, paper hygiene items and canned or non-perishable foods. To volunteer, contact Jim at 373-8200 ext. 216.

Volunteer with people with special needs through therapeutic horseback riding at Hoofbeats to Healing. Volunteer activities can be working directly or indirectly with riders and their horses such as helping with lessons, caring for horses, and other activities. To volunteer, contact Tamera at 836-4325.

Alpine House is a transitional home for individuals with mental illness. Small groups are encouraged to cook dinners or desserts, play games and teach art and crafts. Other activities are available. For more information, contact JaNae at 885-5982.

Youth _____ Volunteer at the SCERA by handing out programs, ushering, cashiering, providing concessions, or providing technical support. For more information, contact Linda at 225-2569. (Minimum age: 12)

Give parents a break! Care for children with disabilities at Friday Kid's Respite on select Thursday and Friday evenings. Volunteers work with trained nurses and go through a short orientation.

To submit articles or information for this newsletter contact:

Cindy Lee Muir 801-768-3149 E-mail: cindyleemuir@gmail.com

Visit www.lehicity.com for an online copy of this newsletter.

Please feel free to contribute to this community newsletter.

If there is news-worthy information you would like to add just send me an e-mail with all the information. cindyleemuir@gmail.com

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